

# THINKING ABOUT YOUR FUTURE



## Transition and Health Care

Learn about your condition/disability.  
Know the warning signs that mean you need emergency help.  
Know who to call in case of an emergency.  
Learn how to make your own appointments.  
Write down your questions before you go to your doctor's appointment.  
Carry your insurance card.  
Begin to understand the medications that you are taking.  
Keep a list of addresses and phone numbers of your physicians.  
Talk to your doctor about when you should start seeing an adult health care provider.



## Transition and Education

Learn about your rights.  
Develop a transition plan.  
Participate in school meetings.  
Think about the kind of job you would like as an adult.  
Find out about different educational programs after high school.  
Start talking to agencies that might help you as you get older.



## Transition and Employment

Begin thinking about work early.  
Young people with special health care needs can work.  
Do activities in the home, school, and community that build on strengths and develop new skills.  
Begin to develop work experience and job skills by working part time or volunteering.  
Think about how your condition might affect the kind of job you can do.  
Contact the Department of Vocational Rehabilitation for vocational and educational assessments.  
Make a plan for transportation to your job.